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Глава 1 — Введение: Зачем современному человеку нужна осознанная работа

Краткое содержание — Глава знакомит читателя с основными понятиями и целями книги.

Современный человек живет в постоянном потоке, который создает ощущение спешки и нехватки времени: напряжение мышц шеи и плеч. Головные боли. Усталость. Неспособность расслабиться даже в выходные. Мы привыкли к этому состоянию и считаем его нормой. movement-ов помогает вернуть ясность и спокойствие. В основе лежит простой принцип.

1.1 — Наше тело сегодня: привычные позы

Поза «человека за компьютером»	Поза «человека в телефоне»	Позы «спящего человека»
Голова наклонена вперед, плечи подняты, спина округлена. Взгляд направлен вниз, шея напряжена, дыхание поверхностное. Эта поза кажется удобной, потому что мышцы привыкают к ней и перестают сигнализировать о дискомфорте. Но именно она создает основную нагрузку на позвоночник. У многих людей появляется характерный «нервный кивок» (nervous bobbing) — голова начинает непроизвольно двигаться вперед-назад, чтобы найти положение, в котором глаза видят экран.	Руки вытянуты вперед, локти согнуты, плечи закрыты. Человек словно защищается от окружающего пространства. Дыхание становится еще более поверхностным, потому что грудная клетка не расширяется. Запястья испытывают постоянное напряжение. Взгляд сосредоточен на маленьком экране, что заставляет глаза работать в режиме перенапряжения.	Человек спит в позе эмбриона, свернувшись калачиком. Колени подтянуты к груди, руки скрещены. Такая поза дает ощущение безопасности, но ограничивает движение грудной клетки. Утром человек просыпается с ощущением, что не отдохнул. Иногда — часто — люди спят едва дышат. Некоторые спят с открытым ртом. Некоторые спят на животе. Некоторые спят. Некоторые спят. Некоторые спят. Некоторые спят.

1.2 — Наше тело сегодня: привычные позы современного человека

Наше современное человеческое тело создано эволюцией для движения. Миллионы лет наши предки проводили в ходьбе, беге, поиске пищи. Сегодня большинство людей проводят

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Раздел 2 — Практическое занятие: Создание базовой структуры учебного проекта

Ты здесь сейчас — первый шаг к результату. Не-то начинающего. Здесь-то начинается настоящее. Практическое занятие начинается.

Практика всегда начинается одинаково. Открываешь редактор. Создаёшь папку. Пишешь первую строку. Потом удаляешь её. Потом пишешь снова. Это нормально. Каждый профессиональный разработчик — однажды впервые открывал пустой файл и не знал, с чего начать.

2.1 — Структура каталогов: организация, назначение, соглашения имён

Я помню — первый настоящий проект оказался неожиданно сложным. Сложным оказался не код. Сложным оказался порядок. Куда что класть.

Организация файлов кажется мелочью, пока не становится проблемой. Сначала: один файл, потом десять, потом сто. Без системы через месяц ты не найдёшь ничего. Не потому что ты забудешь, а потому что структура перестанет быть понятной. Я видел десятки таких проектов. Я создал несколько таких проектов.

Хорошая структура каталогов отвечает на вопросы заранее. Где лежит исходный код. Где данные. Где документация. Где тесты. Новый человек открывает проект и понимает — без объяснений.

Каталог	Что содержит и почему	Типичная ошибка
src/	Исходный код: модули, пакеты, основная логика - всё, что пишется руками, а не генерируется. Сердце проекта.	Всё подряд: данные, конфиги, временные файлы. Через месяц src/ превращается в свалку.
data/	Данные: входные, промежуточные, результаты. Отделяет данные от кода. Позволяет не коммитить большие файлы.	Коммитить данные в git. Репозиторий раздувается, клонирование занимает часы.
docs/	Документация: README, описания, заметки. Первое, что читает новый человек.	Документация устаревает сразу. Лучше короткая и актуальная, чем длинная и врущая.
tests/	Тесты. Зеркалирует структуру src/. Без тестов рефакторинг — лотерея.	Тесты пишутся «потом». Потом не наступает никогда.
notebooks/	Ноутбуки для исследования. Эксперименты отдельно от продакшен-кода.	Ноутбуки становятся единственным местом, где живёт логика.
config/	Конфигурации. Параметры запуска отдельно от кода.	Пароли и ключи в конфигах, которые попадают в git.

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		중간, 강한 다운비트 - 안정적인 펄스가 필요한 장르에 적합. 킥드럼이 명확하게 들리고 베이스라인이 그 위에 얹히는 구조. 150 BPM-대 트랙에서는 킥 사이 간격이 너무 짧아 답답해짐.	하우스와 테크노에서 가장 흔한 패턴 중 하나입니다.	
160–180 BPM	드럼앤베이스, 하드코어, 하드스타일	매 박자가 아닌 반박자: 강한 킥드럼이 일반적인 박자보다 두 배 빠른 속도로 울리며, 전체적으로 BPM 대비 에너지가 높은 BPM 대역입니다. 드럼앤베이스 트랙은 80 BPM-대 (하프타임 느낌) 베이스라인과 160–180 킥의 조합이 흔합니다. 하드스타일 킥드럼은 길고 왜곡되며, 리드미컬한 (80 BPM) 펄스입니다. 하드코어는 빠른 킥 패턴과 빠른 템포 — 일반적으로 0.75 이상에서 시작합니다. 킥 사이 간격이 매우 짧아 정확한 타이밍이 필수입니다.	빠른 템포에서 킥드럼 간격이 매우 짧아지기 때문에 정확한 타이밍이 필수입니다. 170 BPM-대 트랙에서 킥 사이 간격은 350밀리초, 드럼앤베이스 킥 사이 간격은 175밀리초입니다. 하드스타일 킥 사이 간격은 750밀리초입니다. 하드코어-대는 간격이 더 짧습니다. 타이밍 오차가 눈에 띄게 나타납니다.	하드코어-대는 킥드럼이 매우 짧아야 합니다. 하드스타일 하드코어-대는 킥 사이 간격이 길어 여유-있게 — 160+ BPM 트랙에서는 킥드럼이 짧아야 합니다. 하드코어-대는 하드스타일 킥드럼이 '하드한' 느낌이 부족해 여유-있게 들립니다. 킥드럼이 짧아야 합니다.

Глава 4 — Суд: как устроена судебная система, какие бывают инстанции

Краткое содержание — суд дает ответы. Рассказываем, как устроена судебная система и какие бывают инстанции.

Судебная система была всегда. Сначала суды были частью власти: князь сам решал споры между подданными. Потом появились специальные люди, которые занимались только этим. Появились законы. Появились правила, как вести суд. Появились адвокаты (защитники). Суд стал отдельной частью. И сейчас судебная система — это большая и сложная работа, которая нужна каждому человеку.

Суд решает споры между людьми	Суд защищает права человека
'Суд — это место, куда люди приходят с разными спорами.' Судьи решают дела, которые принесли, судьи выслушивают стороны спора и решают, кто прав.	Суд защищает права человека. Например: человек может подать в суд на полицию, если его незаконно задержали. Суд может отменить решение, которое нарушает права человека. Суд может заставить государство заплатить человеку деньги.
Суд дает ответы на вопросы. Суд говорит, что можно, а что нельзя. Суд говорит, кто должен платить, кто должен получить деньги.	Суд помогает людям. Суд защищает слабых. Суд помогает тем, кто не может защитить себя. Суд помогает детям, инвалидам, пожилым людям.

Судебная система России

Суд бывает разных видов: арбитражный, гражданский, уголовный. Арбитражный суд — это суд, который решает споры между организациями. Гражданский суд — это суд, который решает споры между людьми. Уголовный суд — это суд, который решает, виновен человек в преступлении или нет.

Суды бывают разных уровней: самый низкий суд — это мировой суд, который решает маленькие дела. Районный суд — это суд, который решает большие дела. Верховный суд — это самый главный суд в стране. Он решает самые важные дела. **Глава 1.3-**го суда самый маленький

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Recovery Kernel-[illegible], BDNF, [illegible], [illegible]annabin[illegible] ([illegible]) [illegible]. [illegible] - [illegible], [illegible] - [illegible]. [illegible]: [illegible]?

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[illegible] (movement vocabulary) [illegible]. [illegible], [illegible]-[illegible], [illegible], [illegible] [illegible].

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9.3 — [illegible]

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9.6 — [illegible] [illegible]: [illegible] [illegible] [illegible]

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